

October 2026

Doctors on Duty

◆ **Nighttime medical service** (hours: 18:00~20:00)

◆ **Holiday medical service** (hours: 9:00~17:00)

○ Call **119** for medical emergencies (interpreters available)

○ **019-656-1774** or **#7119** (24hr service) when you are uncertain whether you should go to the hospital or not. (Multilingual Support available)

○ **019-605-9000** or **#8000** (7pm to 8am) for children under 15. (Japanese)

○ If urgency is low, please consult during the daytime consultation hours on weekdays.

○ Make sure to call the medical facility before showing up.

Confirm on duty doctor (changes can happen): Ichinoseki City Hall (0191-21-2111) or the Fire Department HQ (0191-25-0119)

○ Don't forget your insurance card (My Number Card) and medical diary, if you have one.

Click hyperlinks for information on clinics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				◆ Iwate Prefectural Senmaya Hospital ◆ Yomogida Naika Clinic	◆ Yoshida Naika Junkankika Clinic ◆ Hiraizumi Naika Clinic	
4	5	6	7	8	9	10
◆ Yoshida Naika Junkankika Clinic ◆ Seishindo Clinic ◆ Sugawara Seikei Geka Clinic	◆ Murone Shinryojo ◆ Abe Naika Clinic	◆ Tanpopo Clinic ◆ Ichinoseki Chuo Clinic	◆ Kawasaki Family Clinic ◆ Oikawa Naika Ichouka Clinic	◆ Iwate Prefectural Senmaya Hospital ◆ Ito Noushinkei Naika	◆ Abe Clinic (Higashiyama) ◆ Onodera Naika Junkankika	
11	12	13	14	15	16	17
◆ Murone Shinryojo ◆ Nakano Naika Junkankika Clinic ◆ Nanohana Hifuka Clinic	◆ Fujisawa Hospital ◆ Abies Kanno Clinic ◆ Sato Geka Koumonka Clinic	◆ Iwate Prefectural Daito Hospital ◆ Kato Children's Clinic	◆ Machiura Shinryojo ◆ Sato Junkanki Naika Clinic	◆ Iwate Prefectural Senmaya Hospital ◆ Senwa Clinic	◆ Takagane Naika Hinyoukika Clinic ◆ Katsurashima Clinic	
18	19	20	21	22	23	24
◆ Endo Clinic ◆ Kato Children's Clinic ◆ Saiki Clinic (Maikawa)	◆ Senmaya Hikari Clinic ◆ Kimura Shoukaki Naika	◆ Sarusawa Shinryojo ◆ Saiki Clinic (Maikawa)	◆ Kawasaki Family Clinic ◆ Iwate Clinic Ichinoseki	◆ Iwate Prefectural Senmaya Hospital ◆ Terasaki Naika Ichouka Clinic	◆ Moriiai Naika Clinic ◆ Abies Kanno Clinic	
25	26	27	28	29	30	31
◆ Machiura Shinryojo ◆ Ichinoseki Saiki Hospital	◆ Tanifuji Naika Clinic ◆ Seishindo Clinic	◆ Iwate Prefectural Daito Hospital ◆ Nakano Naika Junkankika Clinic	◆ Machiura Shinryojo ◆ Sugawara Naika Junkankika Clinic	◆ Iwate Prefectural Senmaya Hospital ◆ Chiba Naika Clinic	◆ Yoshida Naika Junkankika Clinic ◆ Yomogida Naika Clinic	